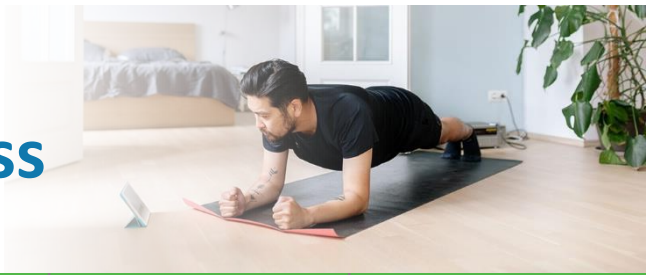




# Virtual Group Fitness Schedule



MORNING  
AFTERNOON  
EVENING

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING</b>	All Classes are Pacific Standard Time (PST)	<b>Cardio Fusion (45)</b> Tina 7 – 7:45am		<b>POP Pilates® (45)</b> Stephanie 7 – 7:45am	
<b>AFTERNOON</b>	<b>Cardio Fusion (30)</b> Stephanie 11:30am – 12pm	<b>Core &amp; More (30)</b> Jana 11:30am – 12pm		<b>Core &amp; More (30)</b> Tina 11:30am – 12pm	<b>Total Body Blast (30) **</b> Lauren 11:30am – 12pm
	<b>Hatha Yoga (45)</b> Courtney 12:15 – 1pm	<b>Zumba® (30)</b> Jana 12:15 – 12:45pm	<b>Barre Fusion (45)</b> Teresa 12:15 – 1pm	<b>Cardio Fusion (45)**</b> Tina 12:15 – 1pm	<b>Vinyasa Flow Yoga (45)</b> Leonora 12:15 – 1pm
<b>EVENING</b>	<b>Total Body Blast (45)**</b> Lauren 4:30 – 5:15pm	<b>Align &amp; Flow (45) **</b> Dianna 5:15 – 6pm	<b>Hatha Yoga (45)</b> Courtney 4:30 – 5:15pm	<b>Zumba® (45)</b> Marissa 5:15 – 6pm	Format Color Legend: <b>Combined Conditioning</b> <b>Muscle Conditioning</b> Mind/Body Dance

## Membership Information

**\*\* Equipment Recommended (not required): 2 dumbbells**

- Virtual membership is \$18/month with no start up or cancellation fees.
- Membership grants you access to 15 weekly live classes hosted on Microsoft Teams.
- Two recorded classes are uploaded to members-only Teams group bi-weekly, for when you miss the live classes.
- Anyone with a KP NUID is eligible to become a kpfit member (employees, contractors, interns, etc.).
- Email General Manger ([Nick.Beam@kp.org](mailto:Nick.Beam@kp.org)) to get enrolled.

## Virtual Fitness Guidelines

- Participation in this or any program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine.
- Depending on the class type, space may be limited.
- Hydrate as needed.
- Please dress in appropriate workout attire.
- If you are not feeling well during this or any workout, please sit down and assess how you are feeling before continuing.
- If you need assistance, contact someone who can help you.
- Classes and instructors are subject to change without notice.